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## Registration

- Visit [www.walkthewalkamerica.com](http://www.walkthewalkamerica.com)
- Click on "Register Now" tab at the top of the screen
- Click on "Start A Team"
  - By clicking on "Start A Team" you will be registering yourself as an individual AND creating a Team for your friends/family to join
  - If you want to set up a Team without knowing who the Team Captain will be, you can register the Team and once the registration is complete, send an email to [info@walkthewalkamerica.com](mailto:info@walkthewalkamerica.com) requesting that we switch the Team Captain to another individual once that individual is selected

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Once the Team is set up, you are able to customize your team page with all relevant information

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# WHO RUNS THE WORLD? YOU (WITH THESE TIPS)

GET ADVICE FROM A TWO-TIME NYC MARATHON CHAMP. PAGE 19

# metro

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## Paltrow and Martin: Welcome to Splitville

PAGE 12

## Dee Dee Penny's music isn't Dum

PAGE 13

## Snow again?! Save your skin in the cold

PAGE 17

### Old dog, new tricks.

Erin O'Sullivan started Susie's Senior Dogs on a whim a few months ago to pair up older dogs with adopters.

### No training required.

Senior dogs, which are less likely to be adopted than puppies, are easier to care for and give just as much love. PAGE 02

# Throw them a bone

Erin O'Sullivan holds Susie, the canine face of a social media campaign aimed at getting New Yorkers to adopt aged dogs. / MILES DIXON, METRO

## Advertisement

## URGENT petition



Hello!  
I've started a petition "the United states government: release bernie madoff and other private investors and their associates" and need your help to get it off the ground.

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<http://www.change.org/petitions/the-united-states-government-release-bernie-madoff-and-other-private-investors-and-their-associate>

Here's why it's important if even civil charges of their corporate counterparts were dropped whereas Both parties acted within the same deliberate loopholes of the state financial policies.

Only in this way the state will accept its responsibility that this was/is the way business is done rather than bullying and intimidating vulnerable, private investors and deceiving the public its cracking down on perpetrators

# 1 NEWS

## Quoted

**"The budget train has basically left the station. To start a new proposal, it's too late."**

Gov. Andrew Cuomo in response to last-minute requests from the de Blasio administration to subsidize the city's anti-homelessness plan

## Top 3

**What's trending at Metro.us**

**1** "VIDEO: Comedian poses as Starbucks bouncer"

**2** "PHOTOS: Biologist Brandon Ballengee uses deformed frogs to create art"

**3** "Creepy Staten Island clown revealed as promotional stunt"

# Online campaign finds old dogs new homes



**New digs.** Susie's Senior Dogs helps place elderly pooches with loving new owners.

A 13-year-old "Chihuahua mixed with love" from Brooklyn is helping senior dogs across the country find their forever homes.

Known as the straggly-haired pooch of photographer Brandon Stanton, creator of Humans of New York, Susie is now at the center of a social media campaign to place rescue dogs in safe homes.

Erin O'Sullivan, Stanton's girlfriend, created Susie's Senior Dogs on a whim in January. She'd been posting as Susie the Dog on Facebook for about a year, but wanted to use the page to make a difference.

The first story O'Sullivan posted was about an 8-year-old dog named Tyra living at Animal Haven in SoHo.

"She's like a grumpy old woman and she's not so beautiful," O'Sullivan said. "She was definitely the low man on the totem pole for getting adopted."

But after the post, Tyra quickly had a home. O'Sullivan soon began a new page, Twitter and Instagram account devoted to such matchmaking.

The campaign has been successful. Susie's Senior Dogs went from a



Brandon Stanton, creator of Humans of New York, holds Susie next to his girlfriend Erin O'Sullivan, who created Susie's Senior Dogs. / MILES DIXON, METRO

## Having a senior dog

Senior dogs are much easier to care for than puppies because they are already housebroken and have clear personalities, according to Samantha Brody of Social Tees Animal Shelter in Manhattan.

- But there are some risks associated with adopting senior pets, mostly

health problems.

- "You may lose your pet to that big dog run in the sky much sooner than you would if you adopt a puppy," Brody said.
- Follow Susie's Senior Dogs at Facebook.com/susiesseniordogs or on Twitter: @susiesseniors.

## Easy going

**"With senior dogs, they come off the energy curve and they're a lot more mellow."**

Brandon Stanton  
Humans of New York

few hundred followers to 10,000 within 24 hours of Stanton's promotion on Humans of New York, which has more than 3.7 million followers.

"The fact that 75 to 80 percent of the dogs are getting adopted off the page is just amazing," Stanton said. "These are the most unwanted of the unwanted dogs."

Stanton was matched with his own senior dog three years ago on a Brooklyn stoop. He photographed Susie for his blog, calling her "the greatest dog in the world." A few weeks later, he ran into the owner who said he was going to have to give Susie away and asked Stanton to adopt her. Now the pair are inseparable.

"I've gotten all the joy of having a dog," he said. "With senior dogs, they come off the energy curve and they're a lot more mellow."

While Susie's Senior Dogs has placed more than a dozen dogs, there are still a few shared that haven't resulted in adoption.

Both Stanton and O'Sullivan are grateful to those willing to open their homes to elderly dogs.

"You're very legitimately saving a life that wouldn't have had an opportunity to live the rest of its life out of a shelter," Stanton said.

SOPHIA ROSENBAUM  
@metronewyork  
letters@metro.us

## Support. Long-term services available after East Harlem blast

The city is turning to community groups for the next phase of recovery after this month's fatal East Harlem explosion.

Officials announced on Tuesday that the city's focus would shift from emergency response to long-term needs of New Yorkers affected by the March 13 blast, which leveled two buildings along Park Avenue and killed

## For assistance

Call Safe Horizon at 212-316-2100 or visit the Manhattan-Bronx Community Program at 100 East 122nd St.

eight people.

As part of that shift, local nonprofit Safe Horizon will work with other com-

munity groups to develop some sort of services package for neighborhood residents.

Using money raised by the Mayor's Fund to Advance New York City, Safe Horizon will also lead the Victims Assistance Fund, which secures grants for anybody who lived in the affected units — including funeral and housing costs.

CHESTER JESUS SORIA

## Health

### Group sues to stop e-cig ban

A smokers' advocacy group is suing the city to overturn a ban on e-cigarettes where regular cigarettes are prohibited.

The lawsuit, filed Tuesday by the NYC Citizens Lobbying Against Smoker Harassment, argues that an e-cigarette expansion of the Smoke-Free Air Act violates a "one subject"



E-cigarette / GETTY IMAGES

rule for legislation.

A spokesperson said the law department would review the complaint when it's served.

EMILY JOHNSON



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### Crime

#### Delivery man robbed, beaten

Police are looking for five men caught on tape beating and robbing a food delivery man in Brooklyn.

The 44-year-old man was attacked Saturday about 9 p.m. in Prospect-Lefferts Gardens. As the victim tried to enter a building to deliver food, police said the men stepped through the door and began to beat him, breaking his nose and

kicking his head.

The suspects, described as black with short black hair, stole \$500, an iPhone and the delivery food.

Call 800-577-TIPS.

CHESTER JESUS SORIA



The suspects / NYPD

### Breach

#### City to better coordinate 1 WTC security after arrests, de Blasio says

Following arrests in a skydiving scheme to jump off 1 World Trade Center, Mayor Bill de Blasio said Tuesday that the city would deepen coordination with the Port Authority police to address recent security breaches.

"It's obviously not an acceptable state of affairs, but we think it's one that together we can resolve," de Blasio said.

Four New York men were arrested Monday after three of them allegedly jumped off the tower on Sept. 30.

Last week, a New Jersey teen was arrested for allegedly sneaking to the top of the building.

ANNA SANDERS

### Leak

#### Three treated for carbon monoxide poisoning

Three Brooklyn women were rushed to the hospital Tuesday morning after a carbon monoxide leak made them ill.

Three residents from

a Cypress Hills home were evacuated by authorities at around 4:55 a.m., fire officials said.

The women, ages 80, 49 and 21, were rushed to Jacobi Hospital in the Bronx and are in serious but stable condition. The cause of the leak is under investigation. CHESTER JESUS SORIA

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The bill would apply to all vehicles that clear snow. / GETTY IMAGES

## Pedestrian deaths push for plow bill

**Safety.** A proposed law would require snowplows to have flashing lights and audible warnings.

Following recent deaths in the borough, a Brooklyn councilman will propose a law requiring snowplows citywide to have flashing lights and make sounds to warn pedestrians.

Councilman Mark Treyger will introduce the bill this week in order to better alert passersby when a plow is approaching in snowy weather.

Under the proposed law, first reported by the New York Daily News, any vehicles used to plow snow on city roads, sidewalks, parking lots and pedestrian walkways would have to be equipped with flashing lights and audible warnings by January 2016.

### Deadly

Two people were killed by plows in Brooklyn this year.

- Min Lin, 36, was pregnant at the time.
- Stanislav Chernyshov, 73, was hit by a backhoe used to plow snow.

LAURA SHIN  
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## Enraged relatives. Chinese families clash with the police



Relatives of passengers on missing MH370 speak to the media about the Malaysian Embassy's attitude toward them. / GETTY IMAGES

Dozens of angry relatives of passengers on a lost Malaysian jetliner clashed with police in Beijing on Tuesday, accusing the Southeast Asian country of "delays and deception" a day after it confirmed the plane crashed in re-

mote seas off Australia.

The relatives' grief and anger was unleashed on Monday night after Malaysian Prime Minister Najib Razak announced that Flight MH370 had crashed in the southern Indian Ocean.

Citing satellite-data analysis by British firm Inmarsat, he said there was now no doubt that the Boeing jet came down in the ocean in one of the most remote places on Earth — an implicit admission that all 239 people on board died.

REUTERS

### Protesters

## 20-30

About 20 to 30 protesters threw water bottles at the Malaysian embassy and tried to storm the building, demanding to meet the ambassador, witnesses said.

### Security summit

## US, Russia agree on nuclear threat

World leaders called on countries on Tuesday to cut their use and their stocks of highly enriched nuclear fuel to the minimum to help prevent al Qaeda-style militants from obtaining material for atomic bombs.

They also underlined that challenges remained and stressed the need for international cooperation to make sure highly enriched uranium, plutonium and other radioactive substances do not fall into the wrong hands. REUTERS

### Countries

## 53

Winding up a third nuclear security summit since 2010, 53 countries — including the U.S. and Russia at a time of high tension between them — agreed much headway had been made in the past four years.

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## Snooping. Obama says US needs to win back trust after NSA spying



Obama made some decisions about changes to the NSA programs in January, including a ban on eavesdropping on the leaders of friendly or allied nations. / GETTY IMAGES

President Barack Obama said on Tuesday that U.S. intelligence agencies were not snooping on ordinary citizens, but admitted it would take time to win back the trust of European governments and people after revelations of extensive U.S. surveillance.

Former intelligence contractor Edward Snowden's disclosures about the sweep of the National Security Agency's monitoring activities triggered a national debate over privacy rights but also damaged relations with some European governments.

Obama said one of the aims of his trip to Europe this week was to reassure allies that he was acting to meet their concerns by limiting the scope of data-gathering.

"I am confident that everybody in our intelligence agencies operates

in the best of intentions and is not snooping into the privacy of ordinary Dutch, German, French or American citizens," Obama said after a nuclear security summit.

However, Obama said he recognized that "because of these revelations, there is a process that is taking place where we have to win back the trust, not just of governments, but more importantly of ordinary citizens, and that is not going to happen overnight."

The Obama administration will renew the NSA's telephone metadata program until Congress passes new authorizing legislation, the official said.

Obama made some decisions about changes to the programs in January, including a ban on eavesdropping on the leaders of friendly or allied nations. **REUTERS**

### Health care law

## US top court signals support for corporate religious claims

The U.S. Supreme Court appeared poised on Tuesday to open the door to companies' religious-based objections to government regulations as justices weighed whether business owners can object to

part of President Barack Obama's health care law.

It was unclear whether the companies objecting to the regulation requiring them to provide insurance coverage that includes contraception would win overall, but a majority of the nine justices seemed ready to rule that companies had the same religious rights to object as individuals do.

**REUTERS**

### Laid-off workers

## Supreme Court rules severance payments are taxable

The U.S. Supreme Court ruled on Tuesday that taxes are due for Social Security and Medicare on severance packages paid to workers who are laid off involuntarily, overturning a lower court

ruling that could have led to a wave of payroll tax refund requests from U.S. businesses.

In a win for the Obama administration and the U.S. Internal Revenue Service, the court voted 8-0 that Quality Stores Inc., a defunct retailer, and its employees are not entitled to tax refunds totaling about \$1 million. **REUTERS**

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### Quoted

"There is a danger because of these new technologies that at some point it could be abused, and that is why I initiated a broad-based review."

Obama, speaking about how intelligence played a critical role in U.S. cooperation with other countries in countering terrorism, nuclear proliferation or human trafficking

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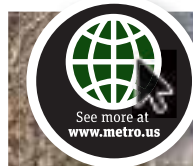
# Rescuers scour mudslide rubble, expect rise in toll

**Search.** Using dogs, earth-moving equipment and aircraft, rescuers failed to find anyone early on Tuesday.

Rescue workers sifted through mucky rubble Tuesday amid dwindling hopes of finding any more survivors from among scores of people still missing from a devastating weekend mudslide in Washington state that killed at least 14.

About a dozen workers kept up the search overnight for as many as 176 people who have been reported missing since a rain-soaked hillside collapsed on Saturday morning, swallowing dozens of homes near Oso, Snohomish County Executive John Lovick said.

Compounding their



A destroyed house sits on Highway 530 next to mile marker 37 near Arlington, Wash. / GETTY IMAGES

## Quoted

**"Family members are grieving, trying to focus on finding missing loved ones or working through the process of rebuilding what was lost."**

Inlee

sense of urgency was a fear of flooding as water levels rose behind a crude dam of mud and rubble that had been dumped into the North Fork of the Stillaguamish River by the slide in an area along State Route 530, about 55 miles northeast of Seattle.

Authorities were hoping the number of people listed as missing would de-

cline as they had perhaps been double-counted or had been slow to alert family and officials about their whereabouts.

"This is an extremely difficult and emotional time for the families and friends of those impacted by the Oso mudslide," Washington state Gov. Jay Inslee said in a statement.

REUTERS

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## Architects. Designs for school to replace site of Newtown massacre

Architects on Tuesday unveiled designs for a new elementary school in Newtown, Conn., to replace the one where a gunman killed 26 people, mostly, young children in 2012, one of the worst such attacks in U.S. history.

The proposal calls for the \$50 million Sandy Hook Elementary School

## By the numbers

**100K**

The two-story, 100,000-square-foot building will go up on the same property, but not the exact site.

building in the suburb to be set on a hill, farther from roads and parking

lots than its predecessor, to improve security without creating a fortress-like environment, according to town officials preparing the meeting.

The town tore down the former school building in October and will begin construction on the new site by this fall.

REUTERS

## USS Mahan

### Two killed in shooting at Navy base in Virginia

A civilian shot and killed a sailor aboard a ship at a U.S. Navy base in Norfolk, Va., late on Monday before being killed by base security forces, naval officials said.

Security services briefly shut down Naval Station Norfolk after the incident involving the two men, which occurred on board the USS Mahan destroyer while it was docked at the base's Pier 1, Navy spokeswoman Beth Baker said.

The civilian had been carrying a firearm on the base in violation of rules that only allow security personnel to do so, Baker said.

The lockdown lasted approximately 45 minutes, she added. The base, the largest naval station in the world, was secure.

REUTERS

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## Cool shades

## Ray-Ban maker Luxottica to bring Google Glass to wider market

Google has teamed up with Ray-Ban maker Luxottica in a bid to turn its Internet-

connected Glass spectacles into a widely available, stylish consumer product.

In a statement, Luxottica said it had agreed to design, develop and distribute Glass eyewear, which so far has only been available as an expensive prototype in

the United States.

Google Glass is a small stamp-sized screen attached to a pair of spectacle frames. It can record video, access email and retrieve information from the Web by connecting wirelessly to a user's cellphone. **REUTERS**

## On the offensive. Microsoft's CEO may come out swinging

Satya Nadella, the Indian-born self-described cricket fanatic who took over as Microsoft Corp.'s chief executive last month, makes his public debut on Thursday and is expected to go

## Shares

# \$40

That perceived willingness to break with the Windows tradition, which remains co-founder Bill Gates' most enduring legacy, has helped spur Microsoft shares to \$40-plus levels not seen since the dot-com boom of 2000.

on the offensive right away with some bold strokes.

When Nadella hosts his first major press conference this week, he's likely to describe — if not officially launch — versions of Word, Excel and PowerPoint designed for Apple Inc.'s iPad.

The strategy puts Office at the heart of the company's push to become a leading services company across a variety of platforms — possibly at the expense of Windows and its own Surface tablet. **REUTERS**



SATYA NADELLA

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# 2

## CULTURE

### THE WORD

Dorothy Robinson takes on the world of gossip.

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## 'Scandal' star and Judge Joe Brown are fighting the law

Today in "Men Behaving Badly," we have "gladiator" Columbus Short and Judge Joe Brown getting in all sorts of trouble.

First up: Short, who portrays the dapperly dressed Harrison Wright on "Scandal," seems to have gotten into a wee bar fight on March 15 in Los Angeles, according to TMZ.com. The fight went the way most bar fights do — words were exchanged, egos were harmed — and then Short punched a guy, breaking his nose and rendering him unconscious. Cops are currently investigating.

This isn't the first time Short has gotten in trouble using his fists. TMZ.com reports he punched a fellow gym-goer in the face after an altercation in 2010,



JUDGE  
JOE BROWN

knocking several teeth out. Gladiator, indeed.

Meanwhile, TV's Judge Joe Brown, who should really know better, was sentenced to a five-day jail stay on a contempt of court charge issued by a Tennessee judge Monday, according to a court spokesman. Brown, who was representing a client, became "pretty raucous" and "challenged the authority" of Magistrate Harold Home, another judge told CNN. After that, the world's best mug shot, above, was taken.



COLUMBUS SHORT  
AKA: HARRISON  
WRIGHT

## Paltrow and Martin separating

After more than 10 years of marriage, Gwyneth Paltrow and Chris Martin are calling it quits.

Paltrow announced on her website, Goop, that the two have decided on a "conscious uncoupling." The site crashed when we visited, but we took a screenshot like the investi-

gative journalists we are. The couple wrote in their statement:

"It is with hearts full of sadness that we have decided to separate. We have been working hard for well over a year, some of it together, some of it separated, to see what might have been possible between us, and we have come to the conclusion that while we love each other very much we will remain separate. We are, however, and always will be a family, and in many

ways we are closer than we have ever been. We are parents first and foremost, to two incredibly wonderful children and we ask for their and our space and privacy to be respected at this difficult time. We have always conducted our relationship privately, and we hope that as we consciously uncouple and coparent, we will be able to continue in the same manner.

Love,  
Gwyneth & Chris"  
**ANDREA PARK**



ALL PHOTOS GETTY IMAGES

## The Muppets take London

Driver roll down the partition, please. Kermit The Frog, Miss Piggy and Constantine arrived at the London premiere of "The Muppets Most Wanted." Check out Constantine's expression — priceless.



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# Finding a release that's 'Too True'

## Coming attraction.

Dum Dum Girl frontwoman Dee Dee Penny digs working with the boys.

When it comes to Dum Dum Girls' music, there's a boy in the mix: the Girls' January-released album "Too True" is another result from head honcho Dee Dee Penny's unique working relationship with producers Richard Gottehrer and Sune Rose Wagner. Gottehrer's musical pedigree stretches from 1960s Brill Building pop to working with Blondie and The Go-Go's to his current role as co-manager of The Raveonettes.

"The music I make is very much a personal project. The idea of working with anyone ..." she pauses, as if recalling something painful. "Well, I'm a little cold to that idea. But when I met Richard, it was such a natural pairing. I had such a great respect for the many things he'd done in the past. It was Richard's idea to bring Sune in. How

he regards us as artists, Richard thinks about us in a similar way."

Still, at the end of the day, this is her record, written alone in a couple of weeks in her Brooklyn apartment in between touring. "Too True" sees the Northern California native stretching her pen-work to create songs with a more literary feel. Not that there isn't the buzzsaw psych guitar of old, but it's a more vocal album, playing up the Dum Dums' wall-of-sound girl group aspect. Given that Penny actually lost her voice, delaying the record, that aspect is surprising.

"If you look at my track record up to this point, this was a very big stretch between releases," she says. "All because my voice crapped out on me. I had such significant vocal problems; I had three months where I didn't sing at all,



Dee Dee Penny, aka Kristin Welchez, brings the Dum Dum Girls to the Music Hall of Williamsburg on Wednesday night. / SUBPOP

then six months of rehabilitating my voice and getting back to a place where I could finish the record. It was a physical problem that was also incredibly psychological. Basically,

my whole thing was failing on me. It was a mindf— for sure."



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# Robert McKee comes to NYC

**Storyteller.** Writers in need of a boost can learn from the best this April.

lowed by his GENRE series (April 9-13). We asked the influential public speaker to give us a taste of what's to come.

**Can anyone be a good writer or do they have to already be talented?**

Yeah, they have to have talent. [Laughs] No amount of study and perseverance and dedication and hard work will ever make up for the fact that somebody has no talent. That's a genetic gift — it gives you the right brainpower to discover that hidden connection between things that already exist, but a connection no one else has ever seen before. In a nutshell, that's talent. You either have it or you don't.

**Don't a lot of people think they have talent when they don't?**

You'd be astounded at the number of those people. [Laughs] Here's what happens: There's a lot of bad writing in the world. A huge percentage of it is just perfect crap — and it still gets made and published. People without talent look at this bad writing and think, "I can write as well as that! And if that mediocrity and banality gets made and published, why shouldn't [mine]?" So years go by and they write stuff that's, you know, ordinary, and then they feel that there's a great injustice in the world if they don't get produced and published. There's nothing I — or anyone — can do to help those people.

**How can you help good writers get past their own egos and insecurities?**

When it comes to prolific storytelling — from blockbuster screenplays to best-selling novels — credit may not be due entirely to the man behind the pen. It may have a lot to do with the man behind the podium. Robert McKee has been teaching writers their craft for more than 30 years. You'll recognize the names of his successful students, including 12 of this year's Academy Award nominees.

McKee's seminars are now coming to New York City, starting with his famous four-day summit on STORY (April 3-6) and fol-

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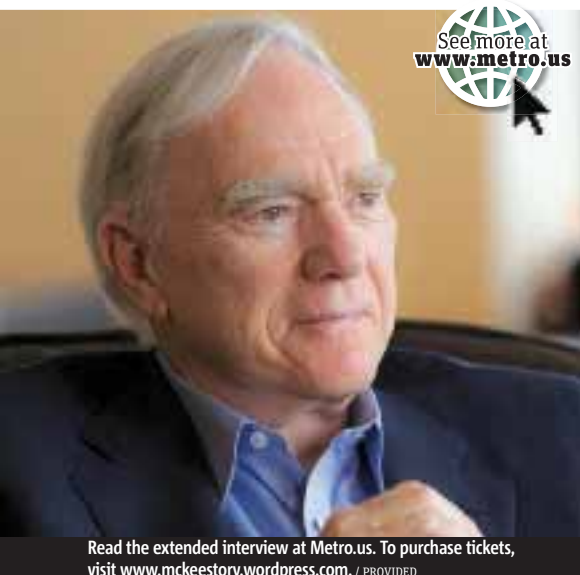
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#### Bonus question

**When someone attends your seminars, what are they most often surprised by?**

They're going to be surprised that they have a greater knowledge than they know. They're going to be surprised that they "get" this — [but] there's an aspect of this great art that's run right over their heads. There are gaps in their knowledge that they need to reclaim. It confirms them on one hand, but there's a lot of undone work they have to do in the future if they want to understand their profession.

Read the extended interview at Metro.us. To purchase tickets, visit [www.mckeestory.wordpress.com](http://www.mckeestory.wordpress.com). / PROVIDED

They can learn how to read their own writing in an objective way and not mistake their intention for results. So I try to teach them how to separate what they think they wanted to write, what they think they did write and what they actually wrote. ... Then you pitch it to people and see how they react. Between the two of them, you can figure out

whether or not you have something worth trying to perfect.

**Once it's in the hands of a producer or publisher, how do you let it go?**

You just don't give it to them without knowing in advance how much of your vision they share. ... If it's superior writing, you'll have a choice of who will publish it. Before you sign

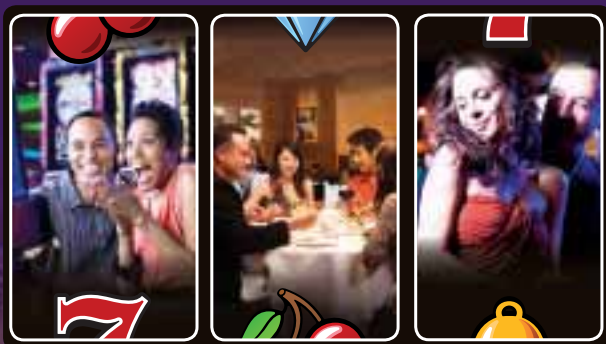
anything, you sit down with the people and ask them to tell you your story without any notes in front of them. Because the story you'll hear them tell is the story you'll end up with. And if it doesn't sound like the story you wrote, get the hell out of the room.



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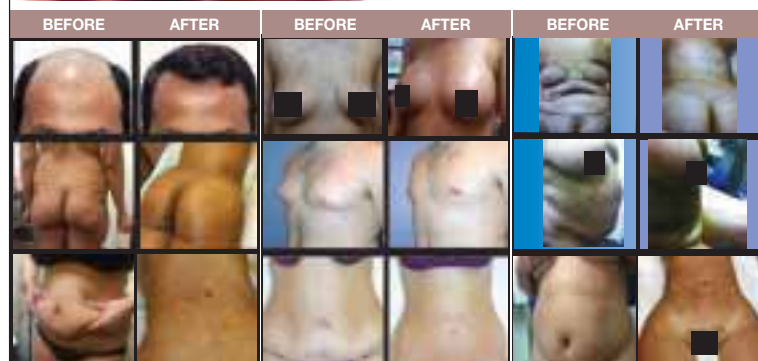
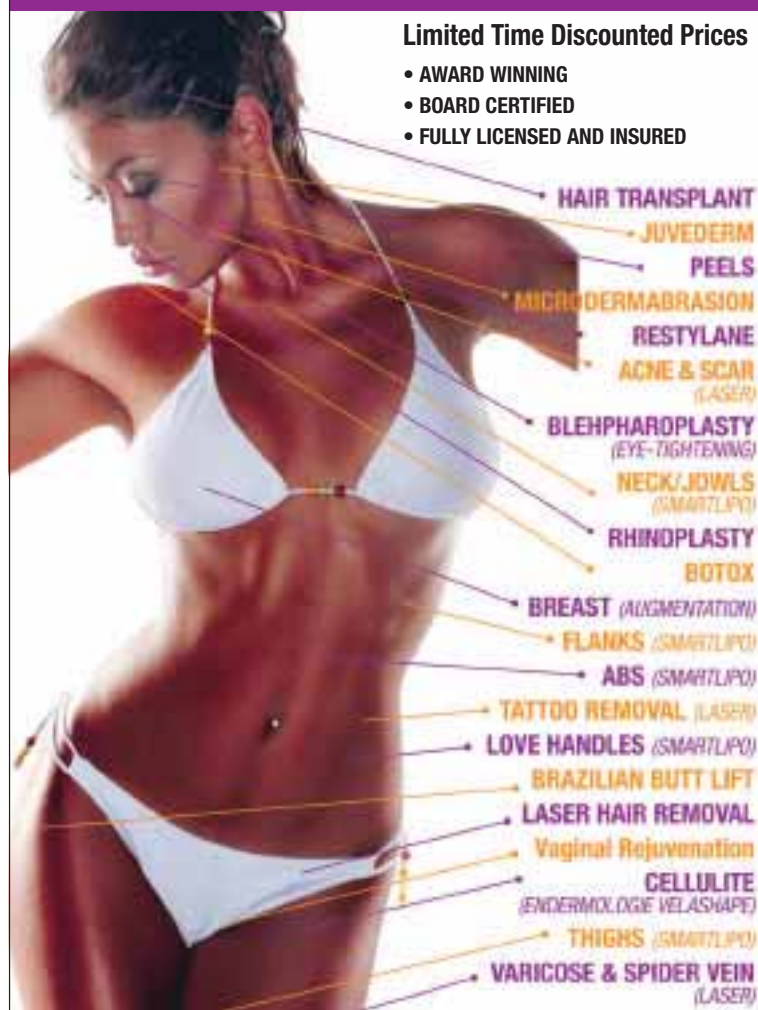
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## Paint the back of your shelves

Paint the back of shelving units, bookshelves or even kitchen cabinets. Take off those dull wooden cabinet doors, paint the backs of your cabinets and then insert clear cabinet doors so the color still shows through. Repeat the color in a couple places throughout the room, such as on a vase or picture frame.



You don't have to paint the walls to have fun with color. / BENJAMIN MOORE, PINTEREST

# Creative ways to use color in small spaces

**Decor.** Make over your apartment with subtle changes that have a big impact.

The easiest way to turn your apartment into a home is with paint. If you don't want to paint the whole room, there are small, noncommittal ways to use color. Keep reading for some easy ideas.

## Embrace your makeshift walls

You know how city living is: Sometimes your apartment doesn't come with

For the bedroom

## Brighten up one wall

"People always want to repaint their bedroom when they get new bedding," Mango says. To avoid making your accent wall look too matchy-matchy, she says you don't have to pick an exact color in the bedding. "You can pick a color that's in the family. So if you have a comforter with blue in it, the walls don't have to be that exact blue. Or you can think about a complementary color."

the walls you need, so you have to use a divider to separate rooms. Andrea Mango, a member of the color and design team at Benjamin Moore, says dividers are the perfect way to use a bright or dark color without painting the whole room a bold hue.

"You can make it more of a focal point that is going to make the room more interesting by painting it a bright, fun color inspired by something else going on in the room, such as a window treatment or accessories you have on your table," Mango says.



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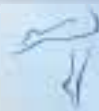
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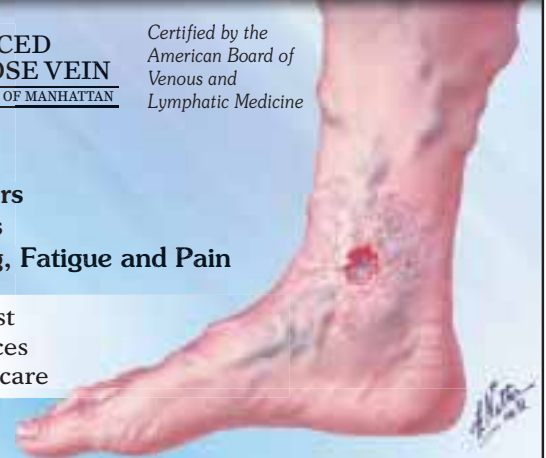
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# Protect your skin from weather whiplash

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**Beauty.** Find out how to care for your skin when it's a polar vortex one day and sunny the next.

One day it's snowing and the next it's 50 degrees

out, and your skin is suffering as a result. "This type of weather wreaks havoc on our skin," says Dr. Doris Day, a clinical assistant professor of dermatology at New York University Langone Medical Center. "It's hard to recover because the weather

changes so quickly, even sometimes from morning to afternoon." Day says the key is protecting against the worst of the harsh elements — biting wind and bitter cold — while still wearing SPF to protect skin from the sun. Here, she shares more helpful tips.



## Limit the hot showers

When it's freezing out, a hot shower is the ultimate indulgence. Unfortunately, they aren't so great for your skin. "A hot shower really dries out your skin and takes out your natural oils, which isn't healthy," Day says. Her advice is to stick with warm showers instead of boiling hot ones and to moisturize as soon as you get out, while your skin is still damp.

## Dress in layers

"If you dress only for the cold and then it warms up, or you go inside where it's warm and you start sweating, that change in temperature can be stressful on your skin," Day says. Dressing in layers you can put on and take off easily keeps your core body temperature stable, preventing skin freak-outs.



## Don't forget your lips



Keep a lip balm in your pocket or bag at all times because it protects your lips no matter what the weather is like. As Day points out, your lips can get windburned or sunburned, so a lip balm with SPF is always a good idea.



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# Toast to Spring

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## Gaming. Sony to release a PlayStation you wear on your face

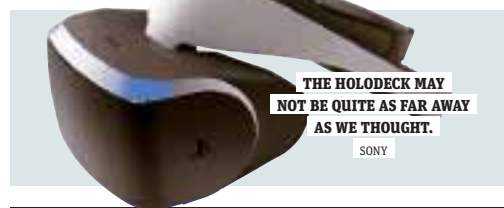
It's obvious: The only reason any of us got into this technology thing is to one day experience the glory of something like the "Star Trek" holodeck. For years, it seemed as though a fully immersive virtual reality experience would happen long after we had passed from this Earth. But that might not be the case! VR eyewear devices are becoming all the rage. First the Oculus Rift brought this kind of technology to the PC, and now Sony is bringing it to the PS4.

It's currently called Project Morpheus, though that won't be the final name. Slip the

device onto your head and you're in a virtual world. Move your head in real life and your avatar moves its head, adjusting your vision. There is also an external camera that tracks your hand movements, so you could be holding a virtual sword or a slice of pizza or something.

Early reports indicate that the device works surprisingly well. Some of the demos shown had people storming a medieval castle and hanging out underwater with a bunch of sharks. Sounds cool, right? Unfortunately, it won't be coming to stores until 2015 at the earliest.

LAWRENCE BONK



Download it

### 'Calm'

**Price:** Free

**Platform:** iOS

If you're a workaholic, what you need is a few pockets of anal-retentively scheduled aimless relaxation. Here's where your smartphone comes in. An app like "Calm" allows for fits of micro-downtime, provided you can actually find them.

And Calm really wants you to cut yourself off. It asks you to plug in headphones and drift off to sounds of ambiance while staring at three (in the free version, anyway) sights: a lovely mountain, a lovely beach or a lovely tree. You can drift, or you can have a soothing lady talk about how to relax, which will probably only make things worse. Plug in and tune out for a handful of minutes — or, ye gods, even a half hour — and you'll be ready to destroy your mind and body all over again.

## LEARN HOW TO RELAX — OR JUST PLAY 'DRAGON'S LAIR'

See more at  
[www.metro.us](http://www.metro.us)



Take a break from your awful life by pretending you're on a beach with "Calm." / PROVIDED

### 'Dragon's Lair': 30th Anniversary

**Price:** \$4.99

**Platforms:** iOS, Android  
Long ago, arcade addicts would pop quarter after quarter into "Dragon's Lair," the revolutionary video game in which you essentially played a cartoon. Today you can have it all for \$5. The app version has long been available, but a new, souped-up anniversary addition will make joystick fiddlers feel

extra old.

It reeled in \$32 million in its first year, mostly because the game was about quick reflexes or memorization. You wiggled the joystick to move your intrepid, bumbling hero, Dirk the Daring, from fantasy peril. Even if you failed you were rewarded; his OTT deaths are more amusing than his wins.

With a neverending stream of quarters, you can die as often as you'd like, but therein lies the concep-

tual glitch: You can beat the thing in 10 minutes. The appeal came not just in the imagery but in its mystery, too. Whoever beat it, standing up, losing untold money, must have been a genius. Now anyone can do it without massive strain or time suck. In other words, you're all special.



**APP APPEAL**  
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# Truths about running

**Train.** Inspired to get moving this spring? Here's what to know.

If you're thinking this is the year you take up running, don't let fear stop you: "I think there are a lot of misconceptions," says Dr. Vijay Vad, the author of "The New Rules of Running." "Excessive running can be pretty bad for your joints, but moderate running is actually good for you." Vad collaborated with two-time NYC marathon champ Tom Fleming to come up with rules that all runners — beginners and elites — need to know. Ready to pound the pavement? Read on for their five essentials:

## 1 There's no one way to run.

Your form is specific to your body, so don't worry about what you look like out there. There are, however, ways to improve the form that's specific to your body. Every runner can benefit, for example, from using the arms more and pumping through the hips.

**2 Speed is strength in disguise.** If you train at a pace that you can easily maintain for a stretch of time,



You don't have to go solo: Grab a partner for support. / DIGITAL VISION

## Stats

# 115.6M

Mizuno and the University of North Carolina teamed up for a study to explore the question: What if everybody ran? They found that running could have big effects at a macro-level: There'd be 115,600,000 fewer weekly hours watching TV, 48,081,000 fewer cigarettes smoked daily and a \$47,212,387,500 increase in GDP. Just a few more reasons get out there!



DR. VIJAY VAD

you increase your fitness level and, therefore, your ability to go faster. "I never talk about speed," Fleming says of his first days coaching a new athlete. "I might talk about endurance and progression. [Speed] eventually comes gradually through you building confidence in yourself." Dr. Vad adds that if it's your first race — be it a 5K or your first marathon — you shouldn't even focus on the clock. "You should be in it just to finish it," he says.

## 3 You must learn to endure.

Fleming says training your body to be on its feet for longer stretches of time can help you get ready for races, especially long-distance ones, because they improve your aerobic capacity (the amount of oxygen you can use in one minute). He recommends "a consistent, gradual increase of total long run workouts over a period of four to six months."

## 4 Hydrating and eating properly stimulate recovery.

"Hydration and nutrition really improve your performance and



TOM FLEMING

enhance recovery," says Dr. Vad. So what's best? Hydrating before, after and even during your workout. And don't wait until you're already thirsty; that means you're already dehydrated. About 30 minutes after you finish running, go for a mix of protein and carbs. Fleming likes pretzels and peanut butter, or straight-up chocolate milk. The night before a race, don't go crazy on the carbs, they say. You don't want to overdo it.

## 5 Rest is essential for recovery and improved performance.

The No. 1 mistake newbie runners make, the authors say, is overdoing it — that's how you get injured. But rest is not just about days off. Adequate rest also means sleeping enough to rebuild the muscle fibers that tear when you run (that rebuilding is what makes you stronger and faster). "You need deep, REM sleep for repair," Dr. Vad says.



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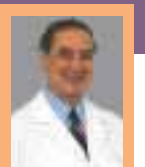
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# WHAT CAUSES — AND WORKS IN TREATING — ASTHMA

## The question

*I've been coughing when I go out in the cold. Could this be asthma?*

One in 12 American adults has asthma, according to the CDC. But there are many variables, and not everyone has the same symptoms or triggers.

Asthma is an inflammatory condition affecting the bronchial tubes in the lungs, which may cause wheezing, coughing or increased mucus production, and chest tightness or shortness of breath. Exacerbations — asthma attacks — can be triggered by a number of things, like environmental substances, occupational irritants, tobacco smoke, air pollution, exercise, respiratory infections, stress, acid reflux, medications and cold air. It is not totally clear what physiological factors cause some people to have asthma while others don't.

Asthma can be diagnosed by your doctor or a pulmonary (lung) specialist. Once your doctor diagnoses you and identifies your triggers, he or she will work to customize your treatment, often by trial and error. There are a few categories of drugs that may be used, including:

**Bronchodilators:** These are usually in the form of aerosol canisters or vapor nebulizers that deliver the medication directly to the lungs. You inhale a puff of the drug.

**Corticosteroids:** These are anti-inflammatory substances that can be delivered via inhalation, orally or intravenous injection. They modify the body's response to the asthma triggers by reducing the effects of various chemicals released at the cellular level.

**Leukotriene modifiers:** These are orally administered and block the release



Inhalers deliver medicine directly to your lungs. / STOCKBYTE

## The Doctor

### Will See You Now

## DR. MARK MELROSE

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Mark Melrose, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at [askdrmark@metro.us](mailto:askdrmark@metro.us).



of substances that are the chemical building blocks of inflammation, in effect stopping inflammation before it can begin.

**Allergy relievers:** Antihistamines, decongestants and allergy shots may all help to prevent or relieve the effects of environmental or seasonal allergies that contribute to the onset of asthma attacks.

Preventing asthma attacks by identifying and avoiding triggers is worth a pound of cure. Keep your windows closed and use air conditioners and indoor air filters. Clean your home frequently to reduce pet dander, mold and dust mites. Keep your nose and mouth covered if you're outside in cold weather.

Finally, losing weight, preventing acid reflux, staying well hydrated and regularly exercising are all means of improving your lung capacity and efficiency, all of which will help to make asthma symptoms more manageable.

*Metro does not endorse the opinions of the author.*





You can do a push-up anywhere. / GOODSHOOT

# GET A FULL WORKOUT WITHOUT EQUIPMENT

One of the NYHRC instructors, Celine Desgranges, said something during her boot camp class recently that stuck with me. “No challenge, no change.” Getting in shape is hard work, but it’s all the more valuable because it’s hard.

The motivation and support I’m getting from NYHRC is fantastic, but not everyone has access to the same resources. So I asked my trainer Matt Sauerhoff to put together an exercise plan that you can do with little or no equipment. Here’s his “No Place Like Home” circuit workout.

**Get moving:** “Warm up with an invisible jump rope — imagine you are jumping rope with out the actual rope,” Matt says. “Do that until you break a slight sweat (3-5 minutes).”

Do 12-15 reps of each move with no break, then rest for 45 seconds. Repeat three times then start the circuits.

## Circuit 1

**Squats:** With feet apart, sit back and down as far as you can. Your feet should be flat on the floor — the movement should mostly be in your hips. As in almost all of these exercises, keep your back flat and chest tall. Using a chair to sit on to might help if you need extra balancing support.

**Reverse Lunges:** Standing straight with feet slightly apart, take a large step back with one foot. Your weight should be on your front leg, with your foot flat on the floor. Your front leg should form a 90-degree angle — don’t let

## Progress report

### Starting stats

(as of Jan. 29)  
**Weight:** 209.5 pounds  
**Body Mass Index (BMI):** 36  
**Chest:** 48 inches  
**Waist:** 41 inches  
**Hips:** 48.5 inches

### Current stats

(as of March 25)  
**Weight:** 191 pounds  
**BMI:** 32.8  
**Chest:** 42.5 inches  
**Waist:** 39.13 inches (nearly 2 inches)  
**Hips:** 43 inches (5.5 inches)

your front knee go further forward than the laces of your shoe. Repeat 12-15 times, then switch legs.

**Good Mornings:** Stand with feet shoulder-width apart and knees slightly bent. Bend over at the waist, pushing your hips and rear back while keeping your chest parallel to the floor. Stand back up, pushing your hips forward.

## Circuit 2

**Bent-Over Rows:** If you don’t have hand weights, improvise with a one-liter bottle of water, gallon of milk or bag of flour. Stand next to a chair and put your knee and lower leg up on the seat. Grasp your weight in one hand with your arm straight. Raise your hand toward your armpit, keeping your arm and elbow against your body. Control the downward motion — don’t just

let the weight drop.

**Reverse Flies:** Stand in the same position as the middle of “Good Mornings” with hands together in front of you, weights in each hand. Lift your arms to the sides to shoulder height. Reverse the motion and repeat.

**Prone Cobra:** Start lying on your stomach with arms against your sides and palms facing down. Raise your legs, arms, chest and head off the ground with your arms pointed backward and shoulder blades squeezed together. Rotate wrists so your thumbs stick upward. Hold 30-60 seconds.

## Circuit 3

**Push-Ups:** Hands should be shoulder-width apart. If you need the extra support keep your knees on the floor but legs together and as straight as possible. Don’t arch your back.

**Dips:** Sit on the edge of a chair or sofa with your legs together and feet flat on the floor. Grasp the edge and lower yourself to the floor so that your knees form a 90-degree angle. Straighten your arms and lift yourself back up.

**Chest Flies:** Lie on your back. Place arms out to the side, a weight in each hand. With straight arms, bring your hands together until the weights meet above you. Control the movement as your arms move back to the floor.



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WELLBEING 22

## This week in health news

### Women more at risk for obesity-fueled depression

**Location of study:** India  
**Study subjects:** Almost 2,000 obese adults  
**Results:** It's well established that obesity leads to a host of physical health issues. But what role does obesity play when it comes to mental health? A recent Indian study found that obese women are more likely to develop depression when compared to obese men.  
**Significance:** While obese men were two times as likely to be depressed as men who were not obese,



The Harvard School of Public Health says that pizza and cheese are the biggest saturated fat food sources in the U.S. diet. / COLOURBOX

the numbers were much different among women. In fact, obese women were found to be 39 times more likely to suffer from depression when compared to

women of normal weight.

### Botox helps asthma sufferers

**Location of study:** Australia  
**Study subjects:** 11 patients with treatment-resistant asthma and abnormal vocal cord movement  
**Results:** Study participants received a total of 24 unilateral vocal cord injections of Botox, which caused temporary muscle paralysis. Subject response was then assessed using asthma control test scores and CT imaging of the vocal cords. The study found that Botox

injected to one vocal cord resulted in improved asthma control and reduced narrowing of the upper airway.  
**Significance:** For many asthma patients, vocal cord dysfunction is a debilitating condition that causes difficulty breathing and muscle spasms. Botox injections could represent a major step forward in treatment.

Content provided by ZipTrials.us, a trusted source for health news and clinical trial registration

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## Study

### Are saturated fats the enemy?

**Location of study:** Worldwide  
**Study subjects:** People in 27 clinical trials and 49 population studies  
**Results:** The Annals of Internal Medicine says

that comprehensive research hasn't found evidence to clearly support a low consumption of saturated fats.  
**Significance:** Saturated fat may have more of a neutralizing effect when it comes to heart disease.

## DR. WW MEDSPA

**Dr. Huachen Wei, MD PhD FAAD** is a board certified dermatologist and a full professor of Dermatology at Mount Sinai Medical Center.

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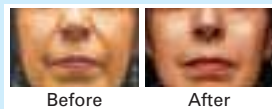
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## Horoscope

**♈ Aries | March 21-April 20.** Being around children or older relatives will give you a new perspective. You can increase your confidence by conquering a physical challenge.

**♉ Taurus | April 21-May 21.** You have the ability to shape your own future. There is good advice to be had if you ask questions. Assistance will be offered.

**♊ Gemini | May 22-June 20.** Creativity may lead you in an unexpected direction. Be receptive to strategies that could increase your chances for advancement.

**♋ Cancer | June 21-July 22.** You have a lot to lose if you let yourself be talked into a questionable activity. You'll need to be crystal clear about your intentions.

**♌ Leo | July 23-Aug. 22.** You will be successful in your chosen field as long as you continue to exude diligence and ingenuity. Use your charismatic power of persuasion.

**♍ Virgo | Aug. 23-Sept. 22.** A social activity will remind you of your capabilities. Multiply your efforts of self-promotion, and you will excel professionally.

**♎ Libra | Sept. 23-Oct. 22.** Personal contact and meetings will help you close a deal. Attend as many gatherings as you can.

**♏ Scorpio | Oct. 23-Nov. 21.** What you considered a small project will develop into something more meaningful and lucrative. Take care not to be misled by a new acquaintance.

**♐ Sagittarius | Nov. 22-Dec. 21.** You may receive an unusual request from an old friend. Although you may be tempted, trust in your judgment. Refuse to be seduced by flattery.

**♑ Capricorn | Dec. 22-Jan. 20.** Don't be persuaded by someone offering you a "foolproof" moneymaking scheme. Taking a detour now would be a big mistake.

**♒ Aquarius | Jan. 21-Feb. 18.** Your energetic nature will open up new possibilities. The more you learn, the easier it will be to improve your financial status.

**♓ Pisces | Feb. 19-March 20.** Consider the pros and cons before making any changes. An invitation could cause difficulties.  
**BERNICE BEDE OSOL**

## Sudoku: Easy and hard

1		5			8	2	9
		7			4	3	8
						6	
	6	9			5		
4			9	1	7		3
			6			9	4
		1					
2	3		4			1	
8	7		2			3	6

7			3		5		9	4
				8				6
	4		6			3		
9				8		1	3	
4							5	
3	2		5					8
		7			6		2	
1				7				
6	9		2	1				7

**How to play**  
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Letters

## Print less, save the world

Carbon emissions have been the buzzwords now for years, but until very recently, very little has happened. Companies use more energy and have a larger carbon footprint than many households put together. We need to lower the footprint of the human race as a whole. This means that we have to start with the biggest culprits. If we don't do something soon, it will simply be too late. We need you to help. Never print an email unless it's completely crucial. It starts with your desk, spreads to your office, spills to the company, then changes the world. One person can make a difference.

**KERRY STEVENS, VIA EMAIL**

## Buying cheap is a US hobby

**Re: 'Hobby Lobby should be consistent' (Metro, March 25)**  
What's a merchant to do? The reason that retailers such as Hobby Lobby sell "Made in China" merchandise is that we Americans buy it! Given the choice between a domestic item and a comparable, lower-priced, "Made in China" item, Americans choose the lower price. Who supports the "bad guys"? Look in the mirror.

**KEN SMITH, VIA EMAIL**

**letters@metro.us**

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

## Online

You can use your smartphone to discover today's crossword answers — right now! Download and open the Blippar app on your smartphone and hold the screen over the puzzle — it's that easy!



## Crossword

## Across

- 1 Exit ramp sight
- 6 Track event
- 10 Herr's spouse
- 14 Fridge maker
- 15 Essay byline
- 16 Team setback
- 17 Billiards shot
- 18 —, vidi, vici
- 19 Garfield's nemesis
- 20 Exultant cry
- 21 Cactus fruit (2 wds.)
- 24 Unassumed
- 26 Stoneworkers
- 27 Jambo follower
- 28 Like piecrust
- 30 Like bubble bath
- 33 Not theirs
- 34 Help-wanted abbr.
- 37 Humerus neighbor
- 38 Wacko
- 39 Better than stereo
- 40 Depot info
- 41 Oscar or Cornel
- 42 Rides the waves
- 43 Lamb servings
- 44 Biol. or astron.
- 45 Dawned upon
- 48 Enclosed
- 52 Business offer
- 55 "— got it!"
- 56 Irritate
- 57 Nose stimulus

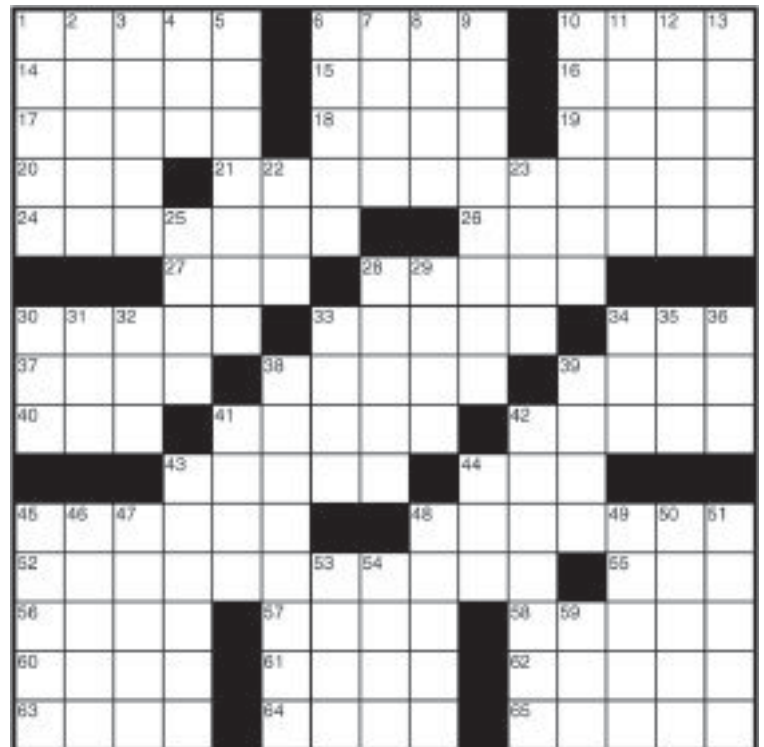
## Down

- 58 Kim of "Vertigo"
- 60 Efficient
- 61 Duffer's cry
- 62 Form a gully
- 63 Dick Tracy's wife
- 64 Skipped town
- 65 Was overfond
- 1 Burgundy wine
- 2 Old cattle town
- 3 Ouija alternative
- 4 U2 producer
- 5 Eel
- 6 Lucifer
- 7 Obi-Wan player
- 8 Not float
- 9 Desperation football pass (2 wds.)
- 10 Story-time rabbit
- 11 Calgary Stampede
- 12 From Japan
- 13 Net surfers
- 22 Funny Charlotte —
- 23 Chatters
- 25 Bear constellation
- 28 Supermarket items
- 29 Yoda's student
- 30 Bring action
- 31 Nth deg.
- 32 Chromosome material
- 33 Egg part

- 34 It's W of the Urals
- 35 LummoX
- 36 Bradley and Sneed
- 38 Starts up (2 wds.)
- 39 Smart remark
- 41 Texas town
- 42 Flipped through
- 43 Delhi coins
- 44 Full-house letters of yore
- 45 No-fat Jack
- 46 Large family
- 47 Uses wheels
- 48 More than uptight
- 49 Swing around
- 50 Beat around the bush
- 51 Faked out
- 53 Artifact
- 54 Ripped
- 59 Pizarro's quest

## Yesterday's answer

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# 3

## SPORTS

### Big bucks

## Prices skyrocket for NCAAs

If you want to watch the first NCAA tournament regional at MSG since 1961 you better be ready to spend. StubHub's cheapest ticket for Friday was \$497 as of Tuesday evening.

# Rangers, Flyers fight for East playoff seeds

**NHL.** The two rivals meet at MSG with just a couple weeks left in the season.

The Broadway vs. Broad Street rivalry is always intense, but with just one point separating the Rangers and Flyers with fewer than a dozen games left in the season, Wednesday's meeting has special significance.

The Rangers (40-29-4, 84 points) host the Flyers (38-26-7, 83 points) in a nationally televised meeting at 8 p.m. on NBC Sports.

"They're as hot as any team in the league right now," Rangers defenseman Marc Staal said. "They're

going to be a challenge. It's going to be a good test for us."

The Rangers and Flyers happen to be the second- and third-hottest teams in the conference after the Bruins, who are 9-0-1 in their last 10. Both teams are part of a tense playoff picture in the East.

New York holds down the fifth spot, while Philadelphia is one spot back in sixth. The winner of Wednesday's game, should it come in regulation, will be in fifth come Thursday. Seeds three through 10 — with only the top 8 making the postseason — are separated by just nine points.



MARK OSBORNE  
@MetroNYSports  
mark.osborne@metro.us



The Rangers have dominated the Flyers at MSG, winning the last seven times. The Flyers last won Feb. 20, 2011. / GETTY IMAGES

### To trade or not



## Jackson may be staying with Eagles

DeSean Jackson, who Jets owner Woody Johnson admitted his team was considering trading for, may be off the market.

Jackson met with Eagles coach Chip Kelly and reportedly was told "not to worry" — not an assurance but positive for Jackson, who would like to stay. New Jets QB Michael Vick praised his friend in an ESPN Radio interview Tuesday. **METRO**

### Advertorial FREE MEDICATION DOSE

## Erectile Dysfunction Clinic Opens in New York

BY STEVE MUELLER  
Men's Health Consultant

**NEW YORK** • Local physicians at a new medical office in New York are so sure their medication will help men with erectile dysfunction, they are offering the first 37 callers a free in-office medication dose.

Erectile dysfunction and premature ejaculation have long been a problem for millions of men, in spite of the popularity of Viagra, Cialis and Levitra. Many men aren't helped by these pills or cannot take them due to adverse side effects.

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New Jersey Men's Medical Clinic, (201) 885-4436, 17 Arcadian Ave., Suite 106, Paramus, NJ 07652. Just off Garden State Pkwy., I-80, Rt. 4 & Rt. 17. [www.NJMensClinic.com](http://www.NJMensClinic.com)

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## NBA power rankings | by James Toscano

### No. 1



## Spurs (54-16)

What can we say? After weeks and weeks — and weeks — of not giving this team enough credit, the Spurs take the top spot. Their identical home and road records (27-8) prove how mentally tough and fundamentally sound they are.

### No. 2

## Clippers (50-21)

L.A. embarks on a five-game trip, including three against playoff teams.

### No. 3

## Thunder (52-18)

If there's a player in this draft half as good as Kevin Durant, it'll be great.

### No. 4

## Rockets (48-22)

The Rockets have distanced themselves from the Blazers, somewhat.

### No. 5

## Heat (48-21)

Miami hit a bit of a rough patch. But they're riding a win over the Blazers.

### No. 6

## Pacers (50-17)

What's going on with the Pacers? They've lost seven of their last 12 games.

### No. 7

## Grizzlies (42-28)

After starting 15-19, the Grizz are 27-9 and 2 1/2 back of the No. 5 seed.

### No. 8

## Warriors (44-27)

They lost to the Spurs without Tim Duncan or Manu Ginobili.

### No. 9

## Blazers (45-26)

Their 24-20 conference mark is worst among current West playoff teams.

### No. 10

## Suns (42-29)

The No. 8 seed will be a dogfight between the Suns and the Mavericks.

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**Notice of Formation of Wailea Performing Arts Academy LLC.**  
Art. of Org. filed with the Secretary of State of New York (SSNY) on 12/05/2013. Office location: NY County. SSNY has been designated as agent upon whom process against the LLC may be served. SSNY shall mail a copy of any process to: 711 7th Ave., New York, NY 10036. Purpose: Offers training and coaching to entrepreneurs, executive artists and people of all professions.

## SUPREME COURT OF THE STATE OF NEW YORK COUNTY OF SULLIVAN

ASPIRE FEDERAL CREDIT UNION f/k/a FAA  
EASTERN REGION FEDERAL CREDIT UNION

Plaintiff **Index No. 2013-2691**  
SUMMONS

- against -

WOLVERINE HUNTING AND FISHING CLUB, INC. a/k/a THE WOLVERINE HUNTING AND FISHING CLUB, INC., HASHOMER HATZAIR, INC., YESHIVA LETZIRIM INC., LOOMIS SANATORIUM a/k/a LOOMIS SANATORIUM, and N.J.D. REALTY CORP., and all parties having or claiming to have an interest in or lien upon the premises described in the Verified Complaint or any amendment thereto, by, through, or under any of said specifically named Defendants herein or by, through or under any of the other Defendants herein named specifically or as a class, Defendants,

You are hereby summoned to answer the Complaint in this action and to serve a copy of your Answer or, if the Complaint is not served with this Summons to serve a Notice of Appearance, on the Plaintiff's attorneys within twenty (20) days after the service of this Summons, exclusive of the date of service, or within thirty (30) days after the completion of service wherein service is made in any other manner than personal delivery within the State. In the case of your failure to appear or answer, judgment will be taken against you by default for the relief demanded in the Complaint.

Sullivan County is designated as the place of trial on the grounds that the premises, which is the basis for this action, is located in Sullivan County and more particularly described as a portion of Town of Liberty Tax Map Parcel No. 35-2-14.1.

Dated: Monticello New York  
November 4, 2013

Yours, etc.,  
STOLOFF & SILVER LLP  
ss: GARY D. SILVER  
Attorneys for Plaintiff  
Office and Post Office Address  
26 Hamilton Ave., P.O. Box 1129  
Monticello, NY 12701  
Tel. (845) 794-4300

In this action Plaintiff seeks judgment pursuant to New York Real Property Actions and Proceedings Law Article 15 against the Defendants, that the Defendants, and every person claiming under them, be barred from all claim to an estate or interest in the real property at issue (a portion of Town of Liberty Tax Map Parcel No. 35-2-14.1, as described in the Verified Complaint), and that it be adjudged and finally determined that Plaintiff is vested with an absolute and unencumbered title in fee to said premises and entitled to the immediate possession of same, together with the costs and disbursements of this action, and such other, further and/or different relief as to this Court may just and proper under the circumstances

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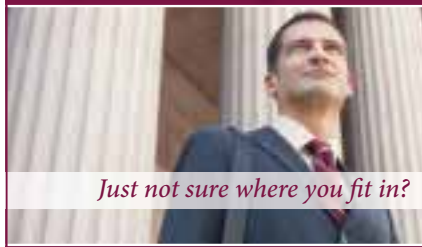
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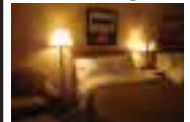
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